

List those plants which we can safely eat in the raw condition and by eating them we assist them in their germination and reproduction by our process of digesting them and elimination

There are several types of seeds and nuts that can be safely eaten in their raw condition and can also aid in their germination and reproduction through the digestive process. Some examples include:

1. Chia seeds
2. Flax seeds
3. Hemp seeds
4. Pumpkin seeds
5. Sesame seeds
6. Sunflower seeds
7. Almonds
8. Cashews
9. Macadamia nuts
10. Pistachios

Eating these seeds and nuts in their raw condition can provide a range of health benefits due to their high nutrient content, including healthy fats, protein, fiber, vitamins, and minerals. However, it's important to note that some people may have allergies or intolerances to certain types of seeds and nuts, so it's always important to check with a healthcare provider before adding new foods to your diet.